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Nidan parivarjan in prameha: preventive as well as curative aspect

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ABSTRACT-Diabetes mellitus, known as “*Madhumeha*” in Ayurveda, one of the type of *vataj prameha*. Out of 20 types of *Prameha* mentioned in Ayurveda, Diabetes mellitus (*Madhumeha*) is one of the most common non-communicable disease blooming worldwide due to adopted westernized lifestyle. It is a chronic metabolic disorder associated with abnormally high level of sugar and excessive urination. Overtime, if not controlled properly leads to complications. As Ayurveda is recognized as ancient science and it has described ways for prevention of diseases, so all types of *Prameha* can be prevented and managed through “*NIDAN PARIVARJAN*”. *Nidan* means etiological factors and *parivarjan* means to avoid.

In this study, all the etiological factors of *Prameha* have been studied and compiled from *bruhrayi*, various articles are referred from ayurvedic journals and internet surfing done. *NIDAN PARIVARJAN* means avoidance of etiological factor of *Prameha* helps in preventing the disease in normal individual, control disease in pre-diabetic individual and manage disease in diagnosed diabetic patient along with medication.

To prevent, manage the disease and its complication it is necessary to follow the first line of treatment in Ayurveda that is “*NIDAN PARIVARJAN*”

KEYWORDS- *Prameha*, *Madhumeha*, *Nidan parivarjan*, diabetes mellitus, *nidan*, *aahar-vihar*

INTRODUCTION-Ayurveda the science of life, it is not just for treating diseases. But it guides us how to live healthy physically, mentally and socially. WHO has stated the definition of health as “Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”. The main aim

of life is to attain *dharma*, *artha*, *kaam*, *moksh*. These are four *purusharth* of life which we can attain by staying physically, mentally and socially healthy. So following ayurvedic principles helps us to achieve our aim. So ayurveda has stressed more on preventive aspect than curative aspect to maintain health of individual.



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So here the topic *nidan parivarjan* is selected as *madhumeha* (diabetes mellitus) is *asadhya* vyadhi. So following the concept of *nidan parivarjan*, we can maintain our health by controlling *madhumeha* and also young generation can be saved by becoming prone to *madhumeha*.

The 21st century, era of modernization has changed all the lifestyle including dietary habits, sleeping habits, work timings, physical activities of individual which are believed to be the most important factors for diabetes. The prevalence of diabetes is twice in urban area is projected to increase from 54% in 1995 to 73% by 2025.

In ayurveda, *trisuotra- hetu, linga* and *aushauda* is most important basic principal. *Hetu* means “cause” of any disease, *linga* means “symptoms” and *aushauda* means “treatment”. For any disease to develop there are causes which is known as “*Nidan*” is ayurveda.

Aim-To study the concept of *nidan parivarjan* in *prameha* as preventive as well as curative aspect.

Objectives-To study the concept of *nidan parivarjan* from *bruhatrayi*.

To review literature of *prameha* from *bruhatrayis*.

To compile all literature and state the importance of *nidan parivarjan* in *prameha*.

Material and methods-In this study, all the etiological factors of *Prameha* have been studied and compiled from *bruhatrayi*, various articles are referred from ayurvedic journals and internet surfing done.

Nidan parivarjan-“*Nidanoktanam bhavanamupsevanam*”

Abstinence from the etiological factors- whatever is mentioned as causative factors and similar other substances should be avoided.¹

Nidan parivarjan is also mentioned as *sarvaroga chikitsasutra* as the threefold management that is *samshodhan*, *samshaman* and *nidan parivarjan* which is mentioned in respect to parasite is applicable for controlling all disorders as well.²

Prameha nidan-*Aasyasukham* (idle sitting), *swapnasukham* (oversleep), *dadhini* (use of curd), *gramyaudhak anuparasa* (meat, soup of the domestic, aquatic and marshy animals), *payansi* (milk), *nava-annapanam* (new cereals and drinks), *gudavaikruta* (distorted jaggery products) and *kapha* promoting regimens causes *prameha*.¹⁴

The person who indulges in day sleeping, abstains from physical exercise, is lazy and takes cold, slimy, sweet and fatty foods or drinks should be known as one who would develop urinary abnormalities.¹⁰

Foods, drinks and activities which produces increase of *medas, mutra and kapha* are generally the chief causes such as foods that are sweet, sour, salty, fatty, not easily digestible, slimy and cold, fresh grains, beer, meat of animals of marshy region, sugarcane juice, molasses and milk, habit of always sitting at a place and sleeping without adopting its proper procedure.¹³

Kaphaj prameha nidan-³



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- Excessive quantity and prolonged use of new grains like *hayataka*, *yavaka*, *cinaka*, *uddalaka*, *naisadha*, *ikkata*, *mukundaka*, *mahavrihi*, *pramodaka* and *sugandhaka*.
- Use if new legumes like *harenu* and black gram
- Meat of domesticated, marshy and aquatic animals, vegetables, sesame paste, preparation of rice flour,
- *pasaya* (rice cooked with milk), *ksara* (preparation of rice cooked with pulse), *vilepi* (paste like preparation of rice)
- Sugarcane products, milk, fresh wine, immature curd, sweets
- Abstinence from cleanliness and physical exercise, indulgence in sleep, lying down and sitting and also other regimens producing kapha, fat and urine, having *kapha prakruti*.

Pittaj prameha nidana-⁴

- Hot, sour, pungent food
- Food consume during indigestion,
- Exposed to very intense heat of the sun and fire, exertion, anger and irregular diet
- Having *pitta prakruti*

Vataj prameha nidana-⁵

- Astringent, bitter, pungent, rough, light, cold substances.
- Sexual intercourse, physical exercise, emesis, purgation, non-unctuous enema and head evacuation, suppression of natural urges, excessive blood letting,
- Fasting, injury, excitement, anxiety, uneven body postures
- Having *vata prakruti*.

Prameha poorvarupa-

- *Jatilibhava kesheshu* (matting of hairs)^{6,10}
- *Madhuraasyata* (sweetness in mouth)^{6,7}
- *Karpadayo suptadhaaho* (numbness and burning sensation in hands and feet)^{6,7}
- *Mukhatalukanthshosh* (dryness in mouth, palate and throat)^{6,7}
- *Pipasa* (thirst)⁶
- *Shatpadapipilika* (crawling of bees and ants on the body)^{6,7}
- *Sharirmutra abhisaran, mutradosha*(morbidities in urine)⁶
- *Vistrasharirgandha* (fleshy smell in body)^{6,7}
- *Nidra* (frequent sleep)⁶
- *Tandra* (drowsiness)⁶
- *Snigdha, pichilla, guru gatra*(oily, slimy, heaviness in body)¹⁰
- *Daurgandhaya shwas*(bad smell in breathe)¹⁰
- *Talu, gala, jivha, dant malautpappti* (production of deposits in the palate, throat, tongue and teeth)¹⁰
- *Vrudhi nakhanam* (increased growth of nails)¹⁰
- Sweating⁷
- Liking for comfort in lying, sitting and sleeping⁷

Prameha rupa-Turbidity and excessive urination are the symptoms present in all types of urinary abnormalities.¹⁰

Samprapti of prameha-

Due to intake of both aaharaj and viharaj nidana (causative factor) kapha gets aggravated and increase in its quantity. Later this kapha mixes with meda, this in turn vitiates the sharir kleda which reaches the basti and vankshan through mutravaha



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strotas producing lakshanas of the prameha. So nidan parivarjan should be adopted to prevent from this pathogenesis and then causing prameha.

Pathya aahar in prameha-⁸

- Barley- One should consume boiled barley, barley cakes. The diet of prameha patient should consist of mainly barley.
- One suffering from kapha prameha should eat various preparations of barley with honey.
- He should take old *sali* rice with soup of *mudga* etc.
- Bitter vegetables using *danti* oil, *ingudi* or mustard oil.
- In cereals, he should use *sastika* and wild rice.
- *Old sali*, *sastika*, barley, wheat, *kodrava* and *uddalaka*, *adhaki*, *kulattha* and *mugdha* should be taken with bitter and astringent leafy vegetables, cooked in the oils of *nikumbha*, *ingudi*, mustard and linseed or fat free meats of wild animals having anti- diuretic properties should be taken without ghrut.¹¹

Apathya aahar in prameha-¹¹

Sauvirika, *tushodak*, *sukta*, *maireya*, *sura*, *asava*, water, milk, oil, ghrut, sugarcane preparations, yoghurt, sour, sweet drinks, meat of domestic, swampy and aquatic animals.

These food substances should be avoided.

Vihar in prameha-¹²

Exercise, wrestling, play, riding on a horse, an elephant or on a chariot, walking on foot, touring and practicing the use of weapons. Physical activity of body is must to prevent from been prone to prameha.

Importance of *nidan parivarjan* in *prameha*-

Importance of *nidan parivarjan* in treatment of *prameha vyadhi* is mentioned in *Charak samhita*,

chikitsastaan, *pramehachikitsa adhyaya* as-

In all prameha types, the respective etiological factors should not be used. The treatment of a disease starts with abstinence from etiological factors.⁹

Discussion-

Nidan parivarjan and importance of *nidan parivarjan* is studied. All *nidan* (causes), *poorvarupa*, *rupa*, recommended diet and exercise (*aahar-vihar*) are studied so that we come to know exactly what are the factors which causes *prameha* or consuming what causes we are prone to get the disease in near future. And also we come to know what *aahar-vihar* one should consume if he is having *prameha*. So by knowing these things, we can avoid causative factors prevent *prameha* as well as control it.

Conclusion-

In today's era, non communicable diseases are the leading silent killer. *Prameha* (diabetes) is also one among such non-communicable and lifestyle disorder. So the potential to prevent *prameha* by lifestyle intervention is consider best and easy method. Also the *nidan parivarjan* in ayurveda is considered as main line of treatment to treat any disease and *nidan parivarjan* is told in *prameha chikitsa* to treat and control it.

Result-Now a days, we all are whole and sole dependent on only medicines for any disease.

Lifestyle and dietary interventions are very much important to prevent and control prameha. *Nidan parivarjan* helps *prameha* patient to control



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prameha. *Nidan parivarjan* helps to prevent individuals getting prone to *prameha*. *Nidan parivarjan* helps to cure *prameha*(diabetes) in pre-diabetic individuals. Following *nidan parivarjan* we can save ourself from been prone to other lifestyle disorders also.

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